

Red Circle Hockey Club
Evaluation Drill Plan

Warm-up

10 minutes

1. Suicides

Player's line up on goal line and go 1 team at a time, players should always stop facing the player benches- *Allow 3 repetitions*

2. Circles

Players line up in one corner and half circles in the end zone and a full circle around the centre - *Allow 3 repetitions*

3. Have players skate around the ice for the remaining time.

1 whistle-speed up, 2 whistles change direction, long whistle- normal skate

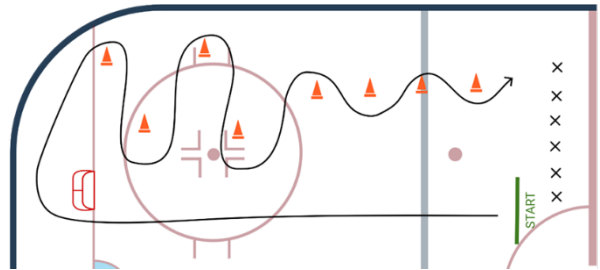
Evaluation 1 - Skating

Skill Stations

40 minutes

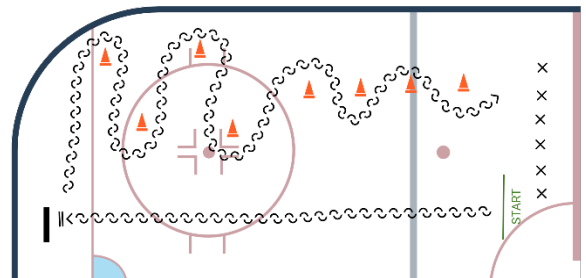
1. Forwards Skating

- Players will start by skating to the net doing crossovers around, then weaving through tight cones before returning to line



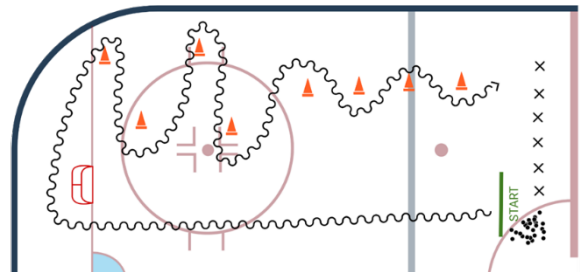
2. Backwards Skating

- Players will skate backwards as fast as they can to a cone/deker and stop. Players will then skate backwards around the cones and return to line.



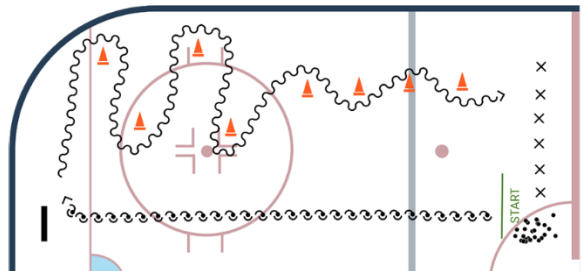
3. Forward w Pucks

- Players will start by skating to the net doing crossovers around, then weaving through tight cones before returning to line while maintaining control of the puck.



4. Backwards w Pucks

- Players will begin by skating backwards to the cone with a puck before pivoting and weaving forwards back through the cones.



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Evaluation 2 - Hockey Skills

Skill Stations

40 minutes

1. Passing

- Players line up in one corner skating up to the dot/cone and passing the the first coach, receives the pass and passes to coach 2 and so on. When completed players will line up in the opposite corner and complete the drill in reverse.

2. Stick Handling

- Players will skate through a series of cones stick handling a puck.

3. Shooting

- Set up 3 nets on the goal line in the end zone. Players will line up with pucks and take the designated shot on the net (Forehand, backhand, slapshot)
- *2 groups will occupy this station for each rotation, each group gets 20 mins*

